

(Monroe Journeys - March 2023)

KEEPING UP WITH YOUR RESOLUTIONS

Malorie Mackey

Actress, author and adventurer

Malorie Mackey is an actress, host, and writer living in Los Angeles, CA. Malorie's first book was published in 2017 and her short story "What Love Has Taught Me" has been published in the anthology "Choices." You can find Malorie's travel content on dozens of digital media platforms. Check out www.maloriesadventures.com for more. Malorie's adventures don't just encompass physical adventures. She has been a student of intuition since she was a teenager, studying at Edgar Cayce's A.R.E. In 2019, Malorie discovered the Monroe Institute while filming her travel show. Since then, she has been studying the art and science of consciousness through many different programs and life experiences.

Well, the new year has not only quickly arrived, but it's passing us by faster than I would like to admit. Although we still have most of the year before us to accomplish our wishes and resolutions, you'd be surprised how many people give up on their intentions. It doesn't take much. A week or two without working towards your goals increases the likelihood that you'll forget what you're working towards. None of us wants to join the ranks of those who set – then promptly abandon – resolutions, but many of us find ourselves in that situation. It's understandable. There's a lot going on, and it can be easy to forget what we're working towards personally when so many other things are vying for our time and attention. After much thought on the matter, and with a great determination not to stray off course of my resolutions, here are a few helpful hints that I've noticed help me stay on target.

A weekly check-in

What helps me the most in keeping up with my own goals and resolutions is having a weekly check-in with myself. Each weekend, I'll meditate, leaving myself completely alone with my thoughts, a pen, and a piece of paper. I'll meditate on what I'm looking to accomplish in the big picture and what I'd like to accomplish on a lesser level. And I'll write them down. Then, I'll create a little plan for what I'd like to accomplish this next week while working towards larger goals more gradually. Having a weekly check-in where I list out what I'm working towards, and spending a bit of time focusing on it, motivates me for a more productive week. I find these check-ins to be invaluable and self-supportive. In the same vein, I will reflect on the previous week, celebrating where I did accomplish things, and noting why I wasn't able to accomplish others. Just being continually conscious of your goals can make the world of a difference.

A quick daily meditation to sort out priorities

Part of my weekly meditation allows me to divide out what I'd like to accomplish each day throughout the week. When I allow myself 15 minutes or so to meditate each morning, I am able to visualize what I'd like to accomplish for the day. What do I mean? Well, when I get up, I like to take 15 minutes to set intentions for my day ahead. I see what I need to accomplish laid out before me, and I see myself accomplishing this with

ease. This becomes extremely important regarding my resolutions, as well. I focus just a bit daily on my resolutions, which helps keep them fresh in my mind and therefore more likely to be accomplished. For instance, if my resolution is to lose weight, in my morning visualization exercise I see myself eating healthy and therefore feeling healthy throughout the day. That way, when it comes to eating later, healthy choices will naturally already be on my mind.

Positive affirmations

Believe it or not, as silly as it may seem, positive affirmations have been trending this year because a lot of studies have seemed to prove their effectiveness. Instead of feeling defeated or like you haven't accomplished enough towards your resolutions or goals, try telling yourself, "You've got this!" "Great job today." "I am strong and able to accomplish anything I set my mind to." By setting resolutions and continuing to motivate yourself with positive affirmations, you may be surprised by what you are able to achieve.

Leniency

Perhaps most importantly, giving yourself leniency toward the goals you set for yourself is key. In many cases, people will give up on their resolutions because they aren't meeting their goals. Why continually work towards something you're not meeting? Instead of having a defeatist attitude like this, try to recognize that you have a lot going on in your life, be understanding with yourself, and show yourself some leniency. Now, this doesn't mean to never meet your goals or try; there is a balance here. Just work towards your goals daily or weekly, however you set aside your plan, and then allow yourself some forgiveness if you don't accomplish everything you wish you did. For instance, if you're writing a book and allow yourself 1,000 words per week to keep you on target, don't be disheartened if you hit 800 words. Instead, celebrate the little victory of having produced 800 words, and strive for more the next week. However, if you didn't write anything, hold yourself accountable and push yourself to at least try.

Keeping up with your resolutions and goals isn't always easy. But by checking in, holding yourself accountable, motivating yourself with positive affirmations, and allowing a measure of leniency when you don't quite make it, you may be surprised how much you're able to accomplish throughout the year.